

Be Well

Team Member  
Wellness Newsletterelior  
NORTH AMERICA

## Recipe



## FARMER'S MARKET PASTA SALAD

Recipe provided by Chef Jimmy Lee, Valley Services, Inc.

## Ingredients

1 large ear fresh corn on the cob  
 2 large tomatoes, diced  
 2 medium zucchini, cut into half moon shapes  
 1 medium red bell peppers, cut into strips  
 1 fresh peach, peeled and diced  
 2-3 stalks green onion, sliced thinly  
 ¾ cup balsamic vinaigrette  
 8 oz. cooked penne pasta, chilled  
 10 oz. cooked chicken, chopped  
 1/3 cup fresh basil, coarsely chopped  
 1/3 cup fresh cilantro, coarsely chopped  
 ¼ tsp salt  
 ¼ tsp black pepper

## Directions

Cut corn kernels off the cob; combine tomatoes, zucchini, red bell pepper, peaches, corn, green onions and vinaigrette.

Add pasta and chicken; toss gently to coat. Add basil and cilantro. Season with salt and pepper.

Yield: 8 servings

Enjoy!

## NUTRITION FACTS

Serving Size: 1 ½ cup  
 Calories 165  
 Total Fat 6g  
 Protein 13g  
 Saturated Fat 1g  
 Trans Fat 0g  
 Cholesterol 41mg  
 Sodium 362mg

Total Carb 17g  
 Fiber 2.5g  
 Sugars 8g  
 Vitamin A 18%  
 Vitamin C 57%  
 Calcium 3%  
 Iron 6%

## IMMUNIZATIONS

by Veronica Gober, MS, RDN, LDN, Clinical Resource Manager, Valley Services

## August is National Immunization Awareness Month.

When was the last time you were immunized? It is estimated that each year in the U.S. about 50,000 adults die from vaccine-preventable diseases or their complications.

## Recommended Adult Immunizations

Pneumonia and influenza represent the fifth leading cause of death in older adults. Pneumococcal (PCV13 & PPSV23) requires a one-time injection for each vaccine. The Flu influenza vaccine is once per year.

Tetanus/Diphtheria/Pertussis (Td/Tdap) : Td recommended every 10 years; Tdap at least one dose; and for women, a Tdap during every pregnancy to protect baby.

Shingles Zoster: recommended ages 60+ years even if you have had shingles before.

The following immunizations are recommended if you did not receive them as a child: Measles/Mumps/Rubella: MMR; Human Papillomavirus: HPV; Chicken Pox, Varicella; Hepatitis A & Hepatitis B.

Are you immunosuppressed? Do you travel outside the U.S.? First grandbaby on the way? Are you a health care worker? Your physician will help you decide on when to immunize by determining your health condition, age, lifestyle and occupation.

For more information, visit:

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

## THE UGLY FRUIT AND VEG REVOLUTION

by Veronica Gober, MS, RDN, LDN, Clinical Resource Manager, Valley Services

## End Food Waste, Feed The Hungry, Help The Farmers

Millions of households face hunger and many low income Americans cannot afford fresh produce. Yet, 26% of all produce is thrown away simply because it's not pretty! The less than perfect-looking produce still packs in just as much nutrition.

Jordan Figueiredo, a solid waste specialist and founder of UglyFruitandVeg.org has petitioned large grocers such as Walmart and Whole Foods to help stop massive food waste by agreeing to sell "less than perfect" produce. Albertsons/Safeway recently joined the effort this past April.

These grocers may discount the pricing of the imperfect fruits and vegetables which may allow lower income households to purchase.

This ugly produce movement may also help organic farmers increase their profits by selling more produce to grocers and less "ugly" produce to juicers.

What is your local grocer doing to reduce food waste and feed the hungry? Does your local grocer have "Produce with Personality"? "Make 2017 The Summer Of The Ugly Fruits and Vegetables!"

For more information visit:

[UglyFruitandVeg.org](http://UglyFruitandVeg.org)  
[EndFoodWaste.org](http://EndFoodWaste.org)